

Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I introduced my self and engaged in conversation.</p>
<p style="text-align: center;">Clinical Judgment</p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	<p>The group talked through many topics that related back to my classroom knowledge. We discussed how the withdrawals of substance may make the person feel like they are going to die but unless it is alcohol is it more likely for the person to die staying on the substance rather than stopping it. We talked about the symptoms users experience while intoxicated versus when they are withdrawing from the substance.</p>
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>We had a college student in group. My concern for him was returning back to school with the same people he started using with and the temptation of relapsing with that group of people. My recommendation would be to join a support group at school to find people in similar situations and continue meetings upon his discharge.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I actively listened when clients spoke. This taught me that addiction looks different on everyone and the kind of addiction people have does not define the person they are.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by listening and by refraining from “why” questions.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? 	<p>At the beginning I immediately felt safe. The environment was welcoming and cozy. At the time I thought this would be a good environment to connect</p>

<ul style="list-style-type: none">• What did the words or actions of others make you think?• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	<p>to individuals. This clinical made me feel the love and compassion the owners have everyday to help people. The outcome made me want to go back and learn more about aspire. The most important feeling I had was hope, not only for these men in treatment but for the owners to be able to help many more with their recovery journey.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>At Aspire what stood out most was the drive and bravery the men had to open up and talk about the struggles they have faced. Just being in the room, I could feel the desire from each one of them to get better and rebuild or reconnect with family and loved ones.</p>